

nutritional information

		-serving size (g)	calories	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrate (g)	dietary fiber (g)	sugars (g)	protein (g)	vitamin a (%)	vitamin c (%)	calcium (%)	iron (%)
pitas		nutritional values are based on suggested recipes														
chicken shawarma	small	253	370	14	2.5	0	65	1100	32	6	3	29	6	70	10	8
	regular	380	570	26	4	0	80	1610	49	9	5	37	110	90	15	15
	extreme	450	670	29	5	0	140	1980	49	9	5	57	110	125	15	15
chicken souvlaki	small	265	440	23	4.5	0	65	1320	32	5	4	28	60	50	15	4
	regular	415	680	40	8	0	90	2040	48	7	5	37	100	70	25	6
	extreme	485	800	45	9	0	140	2420	49	7	5	53	100	100	25	8
chicken caesar	small	195	380	14	3	0	85	1150	33	4	2	33	50	50	8	6
	regular	275	540	21	4	0	105	1600	50	5	3	41	90	60	15	8
	extreme	345	630	24	5	0	160	1970	50	5	3	61	90	100	15	10
philly cheese steak	small	226	420	23	6	1.5	55	780	33	4	3	27	35	50	25	8
	regular	380	760	45	12	2.5	105	1370	45	6	4	50	45	70	50	15
	extreme	438	840	49	13	2.5	135	1470	45	6	4	61	45	70	50	20
the club	small	353	340	14	5	0	40	1250	34	4	3	23	60	40	20	4
	regular	390	530	23	8	0	60	1830	50	7	5	34	90	60	30	8
	extreme	420	560	24	9	0	65	2170	52	7	5	39	90	60	30	10
sriracha falafel	small	285	430	20	2.5	0	5	1070	51	11	6	14	70	45	25	25
	regular	441	680	35	4	0	10	1690	75	16	10	21	120	70	35	35
	extreme	498	830	43	5	0	10	1910	92	20	12	26	120	70	45	50
buffalo chicken	small	262	330	11	4	0	65	1260	31	5	4	29	100	50	20	4
	regular	370	470	17	6	0	80	1790	46	7	6	37	160	70	25	6
	extreme	440	570	20	7	0	135	2350	46	7	6	55	160	100	25	8
grilled chicken & goat cheese	small	262	360	13	3.5	0	70	970	32	5	3	30	60	70	10	8
	regular	380	540	24	6	0	90	1380	47	8	6	38	100	100	15	10
	extreme	450	630	27	7	0	150	1750	47	8	6	58	100	140	15	12
flatbaked		nutritional values are based on suggested recipes														
bbq chicken	regular	292	660	29	15	0	140	1820	44	5	12	49	15	45	45	2
	extreme	362	750	32	16	0	200	2190	44	5	12	69	15	80	45	4
buffalo chicken	regular	295	550	24	10	0	105	2200	42	5	4	42	20	40	45	4
	extreme	365	650	27	11	0	160	2760	42	5	4	60	25	70	45	6
classic	regular	244	470	20	9	0	45	1700	49	5	8	33	10	15	45	4
	extreme	268	530	24	11	0	65	2030	50	5	8	36	10	15	50	6
hawaiian	regular	266	470	17	8	0	40	1760	55	6	12	33	10	15	45	2
	extreme	296	510	19	9	0	40	2150	57	6	12	36	10	15	50	4
bowls		nutritional values are based on suggested recipes														
spicy garden crumble	regular	464	530	22	1.5	0	10	1170	61	15	7	22	60	45	20	45
	extreme	577	680	26	1.5	0	10	1680	81	20	11	33	75	75	25	60
southwest chicken	regular	521	650	30	7	0	100	1080	54	12	6	43	60	100	25	30
	extreme	582	740	33	8	0	160	1450	54	12	6	63	60	135	25	30
asian soy salmon	regular	409	500	20	2.5	0	35	690	84	9	9	32	90	60	20	30
	extreme	487	580	21	2.5	0	70	900	84	9	9	33	90	60	20	30
salads		nutritional values are based on suggested recipes														
honey dijon cobb	regular	295	450	30	9	0	220	600	29	5	18	19	60	50	25	25
	extreme	345	520	35	10	0.1	405	660	30	6	19	25	70	50	25	30
sriracha balsamic chicken and bacon	regular	340	470	31	6	0	95	1080	15	5	7	38	140	90	8	15
	extreme	410	560	34	7	0	160	1450	15	5	7	38	140	125	8	20
grilled salmon	regular	383	330	21	2	0	35	990	51	6	7	22	160	100	15	20
	extreme	461	410	22	2	0	70	1200	51	6	7	23	160	100	15	20
kids menu																
bbq chicken pita		207	240	3	1	0	20	770	38	5	8	15	90	25	6	15
philly steak pita		209	260	5	2	0	20	670	39	6	8	16	90	45	8	20
grilled chicken pita		207	210	3	1	0	45	620	27	4	2	22	30	45	6	4
hummus pita		187	270	12	1	0	0	650	32	6	4	10	60	20	10	8
pepperoni flatbaked		132	290	11	5	0	30	950	33	4	4	16	8	10	25	10
cheese flatbaked		148	300	12	6	0	25	1070	35	4	6	22	10	15	40	2

For the nutritional values of additional menu items please visit [extremepita.com](https://www.extremepita.com)

The nutrition information listed here was generated with GenesisSQL and is based on standard recipes and formulations. Variation may occur due to, among other things, differences in products assembly and preparation at the restaurant level, differences in suppliers, ingredient substitution, recipe revision or season of the year. MTY Tiki Ming Enterprises Inc. and its employees do not assume any responsibility for any variation in the actual nutritional content of the products offered in its outlets and the nutritional information listed here.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.